

The  
**Center for:**  
your **BODY..**  
your **HEALTH..**  
your **LIFE!**

# City of Delta Culture & Recreation

# MAY/JUNE 2011 Activity Guide



## Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

## YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol for ages 15-25 with a variety of dates available. Next classes are May 16, June 6 or June 20. Register on-line at [www.aliveat25.us](http://www.aliveat25.us).
- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee or monthly rate.
- **OUTDOOR HERITAGE DAYS** - FREE event on Saturday, June 11 from 9:00 AM - 3:00 PM at Confluence Park. "Great Outdoors" theme will highlight sports and recreation for all ages. 25 Exhibitors with hands on activities and demos all day. Merchants have lots of door prizes. The "Pathways to Fishing" program will be giving out poles to kids 16 and under and doing fishing clinics, both there will be no fishing derby competition but lots of fishing. Exhibitors include DOW, Colorado Sportsmen Wildlife Fund, USFS, BLM, Audubon, Rocky Mountain Elk, Grand Mesa Back Country Horsemanship, Search & Rescue, CO State Parks and USDA Natural Resources & more!
- **STAR PARTY** - Black Canyon Astronomical Society offers viewing of the stars through several telescopes and short presentations outside in Confluence Park. Friday, June 3 at 8:30 PM or Friday, July 8 at 8:00 PM. No charge but please register in advance.

## LEISURE

- **COMMUNITY EVENING DANCES** - Saturdays, May 21 and June 18 from 7:00 - 10:00 PM. Cost is \$4 at the door.
- **AARP DRIVER'S SAFETY** - Now only a one day class! Mondays, May 16 and June 20 from 8:00 AM - 12:30 PM. Cost for AARP members is \$12, cost for non-members is \$14.
- **CANYONLANDS BY NIGHT BOAT TOUR** - Travel to Moab, Utah on Thursday, June 2 and return on Friday, June 3. Trip includes transportation, picnic lunch, dinner, boat tour and motel. Breakfast and lunch on Friday are your cost. Cost is \$190. Please register by May 27.
- **HANDGUN SAFETY CLASS** - New session set up for Saturday, May 14 from 9:00 AM - 4:00 PM. Cost is \$50.
- **BEGINNING KNITTING** - Learn to knit or refresh your skills starting Thursday, June 16 (3 weeks) from 9:00 AM - noon. Cost is \$35. Pick up a supply list at registration.
- **JOY OF PAINTING "MAKE IT TAKE IT" BOB ROSS CLASS** - Learn floral and landscape techniques. **Wednesday class** (12:00 - 5:00 PM), May 11 landscape. **Saturday class** (9:00 AM - 3:00 PM), May 7 landscape; May 21 floral. Cost for landscape class is \$70 per class. Cost for floral class is \$90. Register 3 days prior to each class.
- **PHOTOGRAPHY BASICS** - Basic class on elements and techniques of photography. Learn to control your camera to get the best photos on Saturdays, May 14 and 21 from 9:00 AM - noon. Cost is \$25.
- **ESCALANTE CANYON GENTLE FLOAT TRIP** - Gentle trip down the Gunnison River from Escalante Canyon to Dominguez Canyon with scenic hike to Indian petroglyphs. Five dates available: Saturday, June 18, Sunday, July 3, Saturdays, July 16, July 30 or August 13 from 8:30 AM - 4:00 PM. Meeting at Escalante Bridge and carpooling to take out. Cost is \$80 per person which includes lunch. Please register 3 days prior to each trip.
- **BIKE FIT (MAINTENANCE TIPS)** - Offered by Cascade Bicycles and John York on Sunday, May 22 from 1:00 - 3:00 PM. Cost is \$5 per person. Pre-register by May 20.

- **DELTA TO ESCALANTE GENTLE FLOAT TRIP** - Gentle trip starts in Delta at Confluence Park and floats the Gunnison River to Escalante Canyon on Saturdays May 28, July 2 and August 6 from 8:30 AM - 4:00 PM. Cost is \$80 per person which includes lunch. Please register 3 days prior to each trip.
- **HUNTER SAFETY EDUCATION** - Do you need to get your hunter safety card? This is the class for you! Must attend all days on Thursday, July 7 from 6:00 - 9:00 PM; Friday, July 8 from 6:00 - 9:00 PM and Saturday, July 9 from 9:00 AM - 3:00 PM. Cost is \$5. Limited space available so register early.
- **BILL HEDDLES RECREATION CENTER PARKING LOT YARD SALE** - Various space sizes to rent from \$20 - \$40. Must pre-register for your spot at this great yard sale by June 20. Event date is Friday, June 24 from 9:00 AM - 4:00 PM.

## SPORTS

- **FAMILY NIGHTS** - Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children at same household.
- **START SMART TENNIS** - Developmentally appropriate introductory tennis program for children 5-7 years old with parent participation. Saturday, May 21 (six weeks) at 10:00 AM at Confluence Tennis Courts. Cost is \$40.
- **YOUTH TENNIS BLAST CAMP** - Boys and girls ages 8-13, come join a week of tennis at this great camp! Monday - Thursday, August 8-11 from 8:00 - 10:00 AM. Then finish off on Friday, August 12 with a tournament at 8:00 AM. Cost is \$45. Racquet will be provided if you do not have one. Come dressed to play.
- **HERSHEY'S TRACK MEET** - For boys and girls ages 9-14 (age as of December 31, 2011). This year's meet will be held at the Hotchkiss High School track on Tuesday, June 7. Register at 8:30 AM in Hotchkiss. No charge. A copy of birth certificate is required at registration.
- **ROCKIES SKILL CHALLENGE** - For boys and girls ages 6-13 (age as of December 31, 2011) held at Confluence Community Fields on Wednesday, June 15. Registration at 10:00 AM. No charge. A copy of birth certificate is required at registration.
- **KIDS FIT CLUB** - Keep your kids moving this summer in this unique fun/fitness activity. For ages 7-12 on Thursdays, June 9-30 from 1:00 - 3:00 PM. Cost is \$10. Pre-register by June 6.
- **ZUMBA FOR KIDS** - For boys and girls ages 7-12 on Mondays or Tuesdays. Kids 7-9 on Mondays 4:00 - 4:45 PM or Tuesdays, from 10:00 - 10:45 AM. Kids ages 10-12 on Mondays, from 4:45 - 5:30 PM or Tuesdays, from 10:45 - 11:30 AM. Cost is \$10 per session per child.

## AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at noon.
- **COMMUNITY CPR/FIRST AID** - Saturday, May 21 from 8:00 AM - 5:00 PM. Cost is \$60.
- **SUMMER SPLASH MAINA** - For kids in 5th, 6th or 7th grades on Friday, June 3 from 5:00 - 7:30 PM. Cost is \$3 if you pre-register by June 2 or \$5 per person at the door.
- **SUMMER SWIM LESSONS** - Registration is going on now for all summer swim lessons offered in June, July and August. Day or evening sessions. Stop by the Rec Center and pick up summer schedule of all the levels offered.

**Please Remember:** Children ages 5 and under MUST have someone 16 years or older IN the water, actively supervising them. Children ages 6 and 7 must have someone 16 years or older in the pool area with them.

- **AQUATICS ORIENTATION** - Do you need a little tuning on your swim strokes or how to use swimming equipment to put together a total workout? Aquatics orientations are now available. Cost is \$15 for 30 minutes or \$30 for one hour.

## FITNESS CLASSES MAY 2011

### MONDAY

- Cycle and Abs + with Kiffany**  
6:00 - 7:00 am
- Cardio Intervals with Weights and Core with Cristie**  
9:00 - 10:15 am
- Yogalates + with Cristie**  
12:00 - 1:00 pm
- Senior Circuit with Gary in Weight Rm.**  
2:00 - 3:00 pm
- Zumba with Kindra**  
4:30 - 5:25 pm
- Cardio Kick with Kindra**  
5:30 - 6:30 pm



### THURSDAY

- Body Bar & Abs with Amberleigh**  
9:00 - 9:45 am
- Healthy Body, Strong Bones with Billie in Gym**  
9:00 - 10:00 am
- Silver Sneakers MSROM with Gary in Gym**  
10:00 - 10:45 am
- Zumba with Erin**  
10:00 - 11:00 am
- Cycle & Abs with Candace in Cycle Rm.**  
12:15 - 1:00 pm
- Senior Circuit with Gary in Weight Rm.**  
2:00 - 3:00 pm
- Total Body Blitz with Gena**  
4:30 - 5:25 pm
- Body Bar + with Gena**  
5:30 - 6:30 pm

### TUESDAY

- Body Bar & Abs with Candace**  
9:00 - 9:45 am
- Healthy Body, Strong Bones with Billie in Gym**  
9:00 - 10:00 am
- Silver Sneakers MSROM with Gary in Gym**  
10:00 - 10:45 am
- Zumba with Cristie**  
10:00 - 11:00 am
- Cycle & Abs with Candace in Cycle Rm.**  
12:15 - 1:00 pm
- Body Bar + with Amberleigh**  
4:30 - 5:25 pm
- Total Body Blitz with Erin**  
5:30 - 6:30 pm

### FRIDAY

- Boxing for Fitness with Kiffany**  
6:00 - 7:00 am
- Yogalates with Cristie**  
9:00 - 9:45 am
- Senior Circuit With Gary in Weight Rm.**  
9:00 - 10:00 am
- Zumba with Cristie and Gena**  
12:00 - 1:00 pm
- Zumba with Gena**  
5:30 - 6:30 pm



\* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

### WEDNESDAY

- Morning Ride with Candace**  
5:30 - 6:00 am
- Weights & Stretch with Candace**  
6:00 - 7:00 am
- Senior Circuit with Gary in Weight Rm.**  
9:00 - 10:00 am
- Triple Threat Cardio, Core & Crazy Strength with Cristie**  
9:00 - 10:15 am
- Zumba with Kindra**  
12:00 - 1:00 pm
- Yogalates with Gena and Erin**  
4:30 - 5:25 pm
- Cycle and Abs w/ Amberleigh in Cycle Rm**  
5:30 - 6:30 pm
- Zumba with Erin**  
5:30 - 6:30 pm

### SATURDAY

- Cardio Blast with Amberleigh/Gena**  
9:00 - 9:45 am

### Tai Chi/Qigong for Health and Longevity\*

Mondays, from 7:00 - 8:30 PM.  
\$40 Monthly charge or \$12 drop in fee.  
Must meet minimum to run class...call ahead to see if session is running.

**Tae Kwon Do**  
Tuesdays and Thursdays from 6:45 - 8:00 PM  
\$30 Monthly or \$5 Drop in Fee.  
**Hatha Yoga**  
Wednesdays from 4:30 - 5:45 PM  
Cost is \$10 drop in fee

## Summer Dance Schedule

**STARTING THE WEEK OF JUNE 14**  
(6 weeks session) Cost is \$36 per class.

### TUESDAY:

8:30 AM Pre-school Dance	3:00 PM Jazz I
2:00 PM Drama for Kids	4:00 PM Dance Boot Camp

### THURSDAY:

4:00 PM Jazz II	5:30 PM Dance Boot Camp
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### SATURDAY:

9:00 AM Children's Dance	10:00 AM Ballet
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Happy  
Mother's  
day

Discover  
Water  
Fitness  
for  
Your Body,  
Your Health,  
Your Life!

Mon., Wed., Fri.

8:30 AM  
Cardio Crazy  
9:30 AM  
Splashrobics

Tues., Thurs.

9:00 AM  
Deep Benefits  
10:00 AM  
Life-N-Lively  
5:30 PM  
Deep Benefits

Sat.

9:00 AM  
Deep Benefits  
Mon. - Fri.  
10:30 AM  
Body, Health  
for Life



**Bill Heddles Recreation Center**  
530 Gunnison River Drive • Delta, CO 81416  
970.874.0923

### HOURS OF OPERATION

Monday-Thursday	5:30am - 9:30pm
Friday	5:30am - 7:30pm
Saturday	8:00am - 8:00pm
Sunday	11:00am - 5:00pm